



HEARTBEAT (RAPID)

An irregularly fast heartbeat

CAUSES

INTENSE PHYSICAL ACTIVITY

While the normal adult heart rate is measured at 60 to 100 beats per minute, there are situations wherein it is not unusual for the heartbeat to reach 160 beats a minute. Exercise, sports and other types of physical exertion can cause the increase. It is also possible for the heart rate to increase due to anxiety or stress. As long as this is not experienced with other symptoms such as chest pain and faintness, it is considered harmless. Some rest is enough to lower the heart rate back to normal.

Symptoms:

- Irregularly fast heartbeat
- Shortness of breath, in some cases

DO:

- Get some rest, or do exercises that cool you down after a work out, like stretching.
- Note down your heart rate (beats per minute) whenever you experience a rapid heartbeat.

DON'T:

- Don't smoke if you are susceptible to experiencing rapid heartbeats. Also, minimize your intake of caffeinated drinks such as coffee and tea.



Do not smoke.

MEDICATION

Some medicines that are prescribed for various conditions may trigger an increase in the heart rate as a side effect. Included here are some vitamins, anti-allergy medication, anti-depressants and decongestants. Seek help to determine if the side effects are minor or if the medicine prescribed should be changed.

Symptoms:

- Irregularly fast heartbeat

DO:

- Get some rest.
- Note down your heart rate (beats per minute) whenever you experience a rapid heartbeat.
- Seek help to determine if the medicine prescribed to you should be changed.

DON'T:

- Don't smoke if you are susceptible to experiencing rapid heartbeats. Also, minimize your intake of caffeinated drinks such as coffee and tea.



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HEART DISEASE

A rapid heartbeat, if experienced with chest pains, shortness of breath, fainting, and lightheadedness, may be a symptom of heart disease. Seek help to determine if any heart condition is present.

Symptoms:

- Irregularly fast heartbeat
- Chest pain
- Difficulty breathing, shortness of breath
- Fainting
- Feeling weak and lightheaded

DO:

- Get enough rest.
- Enrich your diet with high-fiber food and cut down on your cholesterol and fat intake.
- Seek help at the first sign of chest pain.

DON'T:

- Don't smoke if you are susceptible to experiencing rapid heartbeats. Also, minimize your intake of caffeinated drinks such as coffee and tea.



Minimize intake of caffeinated drinks such as coffee and tea.

HEARTBURN

A burning pain felt under the ribs or breastbone, usually experienced after a meal

CAUSES

IRRITATION

The pain in the ribs or behind the breastbone experienced during heartburn is a digestive problem rather than heart-related. The acidic juices of the stomach wash up back into the esophagus and cause a burning sensation. Several factors may cause this kind of irritation to occur: being overweight, eating too fast, smoking after a meal, overeating, lying down after eating, wearing tight clothing, and drinking alcoholic, carbonated and caffeinated beverages.

Symptoms:

- Burning pain under the ribs or behind the breastbone
- Belching
- Bitter or sour taste in the mouth
- Choking sensation
- Coughing

DO:

- Take an antacid.
- Minimize intake of food that may trigger an attack, such as alcoholic, carbonated and caffeinated drinks, oily/fatty food, spices and chocolate.
- Eat smaller meals.
- Try to lose weight.
- Try to avoid wearing tight clothes that squeeze the abdomen, as these may induce heartburn.
- Slightly elevate your upper body when you sleep with a pillow or a small mattress.
- Seek help if the pain you feel is severe and unbearable or if the heartburn is persistent.

DON'T:

- Don't lie down, bend over or engage in intense physical activity immediately after a meal.